



Potato Salad (CNPP)

Makes: 4 Servings

A creamy yogurt, olive oil, and mustard sauce is tossed with tender potatoes and celery then topped with scallions and parsley to make up this favorite classic side dish.

Ingredients

- 15** new potatoes (scrubbed and quartered)
- 2 tablespoons** plain nonfat Greek yogurt
- 2 tablespoons** vegetable oil
- 6 teaspoons** yellow mustard (or Dijon mustard)
- 3** celery stalks (chopped)
- 2** scallions (whites and greens chopped)
- 1/2 cup** fresh parsley leaves (chopped)

Directions


1. Put potatoes in a pot and cover with cold water.

Nutrition Information

Nutrients	Amount
Calories	210
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 g
Sodium	131 mg
Total Carbohydrate	33 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	5 g
Vitamin D	0 mcg
Calcium	66 mg
Iron	2 mg
Potassium	878 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 cup
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2. Bring to a boil over high heat and cook about 15 minutes, until potatoes are tender.
 3. Drain and set aside to cool to room temperature.
 4. While potatoes are cooling, mix the yogurt, olive oil, and mustard in a small bowl.
 5. Add the yogurt mixture to the cooled potatoes and gently mix.
 6. Stir in the celery, scallions, and parsley.
 7. Serve right away or cover and refrigerate up to 2 days.
- Source:** USDA Center for Nutrition Policy and Promotion